Welcome Back to Swimming

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New Season

- Everyone required to step up as every parent will be the Covid Officer.
- Every swimmer, PIA and coach MUST complete and submit the online Self reporting Covid form up to 2 hours before session starts, and within 24 hours of start of session, e.g. 4.30 pm on Tuesday start – complete the form from 4.30 pm Monday to 2.30 pm Tuesday (2 hrs before session starts).
- Maximum of 6 swimmers in any lane
- New Schedule is difficult: but we have difficulties with limits to lanes and reduced availability.
- Home points will be assigned before the session.
- Masks worn by swimmers into the facility
- Distancing in lanes will be strictly adhered to – nobody catching up to one another
- Self Declaration Form and new Code of Conduct forms MUST be completed for all returning swimmers. Other forms to be completed before swimming: All parents should complete the following forms and hand them to the PIA at the first session: Medical Consent form, Code of conduct annual declaration (child and parent to sign where relevant), Parental participation form.
- Payment must be made by September 14th
- As of September 1, 2020, swimmers aged 13 and younger will not be permitted to compete in a tech suit in any Swim Ireland competition (i.e. no skins)

COVID-19 Return to Water Overview

All of our protocols and new procedures are based on the information and advice of Swim Ireland and are deemed necessary for the safety of all members of Shark Swimming Club. All policies MUST be adhered to. No exceptions.

- Individuals ARE NOT TO ATTEND any session if any cold or flu symptoms are being experienced, or if ANY of the covid-19 symptoms are present (cough (any type of cough, not just dry), fever, shortness of breath or loss or change to your sense of smell or taste)
- If someone with whom you have had contact/in household has COVID-19 symptoms, then you should not train for 14 days and should self-isolate per government guidelines.
- You must complete the COVID-19 health screening questionnaire before EVERY training session, per the club guidelines.
- FAQ: If you have recently travelled from a GREEN LIST country you may train once you have completed the health screening questionnaire. This green list should be checked on the day of training as it is subject to change.

COVID-19 Return to Water Details

- No gatherings before or after training
- 2m physical distance should be maintained at all times
- No sharing of equipment
- All swimmers must have their personal water bottle
- Avoid using toilets if possible, or follow venue protocol
- No carpooling
- Internal transit to/from pool per coach instructions – no latecomers
- Generally swimming in pods (lanes) of 6*
- Parents remain with 5mins of the facility for duration of session
- Each facility has their own COVID-19 protocol.

Venue Regulations Leisureland

- Arrive 15 minutes before training starts
- Swimmers over 13 must wear a face covering, remove it when you start to change.
- No parents in the facilities other than the PIA
- Use hand sanitiser on entry to Leisureland
- Athletes to arrive ready for training. Swimwear should be put on before leaving home.
- Changing rooms will not be used, proceed through the changing area and change at the side of the pool.
- Athletes must bring their own water bottle(s), which should be filled in advance.
- Athletes must bring their own equipment; no sharing of equipment is permitted.
- After training, athletes must change at the side of the pool, exit through the changing area and shower at home, use hand sanitiser where available.

Venue Regulations NUIG

- PIA will wait at front door of facility to allow receptionist to let them in. Then the PIA goes onto the pool deck to open the side emergency door.
- Swimmers enter the facility via the Emergency Exit door at the front of the building and are let in by the PIA.
- No parents in the facility other than the PIA.
- They must show up swim ready. They will have their togs on and will change in the coned off area at the side of the pool.
- After session ends they have a quick dry off on the pool deck, dress and exit via Emergency Exit Again

Venue Regulations Renmore

- No lockers available
- No parents in facility other than PIA
- No showers at the changing rooms
- Swimmers come ready to swim .
- They can take a shower on pool deck after swim to rinse off But no shampoo and shower gel allowed .

Specifically for Parents:

- **Please ensure you hand over your child to the PIA, do not drop child off and go, please remain to ensure your child is admitted to the pool.**
- Parents are responsible for ensuring that their children are fully aware of all new measures and protocols to ensure the risk to their athletes' health and the health of others, is minimised.
- Parents should always be within a 5min travel time of the facility. If a child feels sick there will be a requirement for them to leave the building quickly.
- Athletes should NOT eat while at the facility. Your clearly labelled water bottle is the only item not stored on your Athlete Spot.
- All swimmers are assigned an Athlete Spot on deck, and once they enter the facility they make their way to that spot, all gear (except clearly labelled water bottles) must remain on this spot, and the swimmer returns immediately to this spot when they exit the pool.
- Swimmers will be made aware of their lane number and home point within the lane by the coach. Please make sure that your swimmer understands what this means.
- Bathroom breaks: Bathrooms in use, and the protocol for using may vary by venue, please ask the coach to clarify at your first session. After a bathroom break the swimmer returns to their Athlete Spot on deck and waits for the coach to inform them that it is safe to re-enter the water.
- Your child needs to know how to put on their goggles themselves. Have spare goggles in the bag also.

New PIA responsibilities

- Every PIA in Shark SC must also act as the COVID-19 Officer for the duration of the session assigned
  - Your new job is to check that swimmers have filled in the Covid Self reporting google document – you will be provided instructions as to how to do this.
  - Two hours before the session starts you can print out the list of those who have done the form (name and phone number)
  - You must be there 20 minutes before the scheduled swim time.
  - If they haven't and the parent is there, the parent can do so right then.
  - IF they haven't and the parent isn't there, the swimmer can not go into the facility.
  - Please arrive wearing a mask and keep it on for the duration
  - Familiarise yourself with hand sanitiser locations and the bathrooms in use in each facility
  - Do NOT allow late arrivals, agree with coach when transit to pool begins, no additional swimmers may enter after this time*
  - There is a Shark kit box in each venue. The PIA should wipe down items used (e.g. laminated place numbers etc) and return them to the box.

New PIA responsibilities

- If a swimmer becomes unwell the following steps are critical
    1. Make contact with the venue Covid Officer to escort the swimmer immediately to the designated Covid Isolation Room and follow all of their instructions regarding distancing and use of PPE
    2. PIA contacts the parent – the phone number is on the online Covid form, also, a tab on the database from the form (*Shark SC Activity Participants List (Activity Date Filter Applied) will have parent contact details. Also, coaches should have parent contact details.*
    3. Inform the lead Covid Officer by email to sharkcovid19officer@gmail.com
- When the session is over, oversee the exit from the facility and if necessary remind swimmers to maintain distance at all times.

Shark Handbook/Club Policies

Become familiar with the Shark Handbook and policies

- Ask questions when not certain
- Policies are in place to protect swimmers, parents, coaches and committee
- All policies will be implemented and adhered to, no exceptions
- Responsibility as members to adhere to policies
- Communication: if you have any issues please contact the appropriate person to address your concern.
- Committee members needed PLEASE. Ideally one from each squad.

Code of Conduct

- A Code of Conduct protects swimmers, parents and coaches.
- Swimmers, Parents and Coaches are all required to sign a Code of Conduct form. This needs to be carefully read and adhered to the entire season, on deck and off deck.
- Please respect ‘boundaries’ of roles and responsibilities within the club.

How to use *“Shark SC Activity Participants List (Activity Date Filter Applied)”*

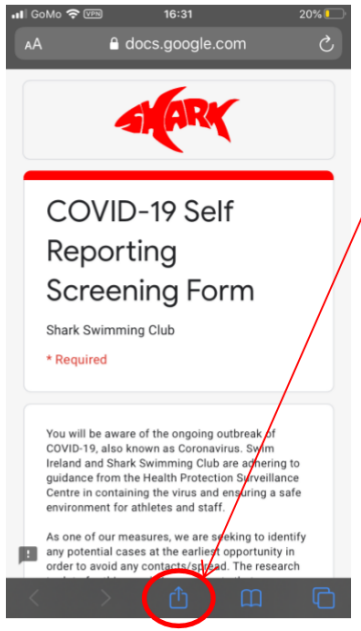
- Follow the link you’ll get in an email after the sheet is shared with your email account
  look for email subject: ***“Shark SC Activity Participants List (Activity Date Filter Applied) - Invitation to view”***
- Log on using your Google Account credentials / or follow Google instructions on how to get access to the document shared with your email
- Click on the “**Shark SC Activity Participants List (Activity Date Filter Applied)”**
- You’ll be presented with a spreadsheet listing all cleared participants (swimmers, coaches and Covid-19 Officers/PIAs) for the day
- Strictly **“no name on the list, not allowed to participate in the club activity”** rule applies

- The “**Shark SC Activity Participants List (Activity Date Filter Applied)”** sheet has restricted access - only logged user who was invited/the document was shared with can view it
- The user will have view access only
- Only today’s and tomorrow’s submissions (if any) are visible
- The document has 3 tabs:
  - first for today- displaying names cleared for today’s activity
  - second - a pivot table with list of cleared participants for today by squad/role
  - third - the list of cleared participants for tomorrow’s session
- If there are more than one club session on any given day - only one submission is required
- Known issue: possible duplicate submissions
- Every swimmer, PIA and coach MUST complete and submit a Self reporting Covid up to 2 hours before session starts, and within 24 hours of start of session, e.g. 4.30 pm on Tuesday start – complete the form from 4.30 pm Monday to 2.30 pm Tuesday (2 hrs before session starts).
- Any other issues/ questions please email sharkmembership@gmail.com or sharkcovid19officer@gmail.com

Add the following links to your Home Screen:

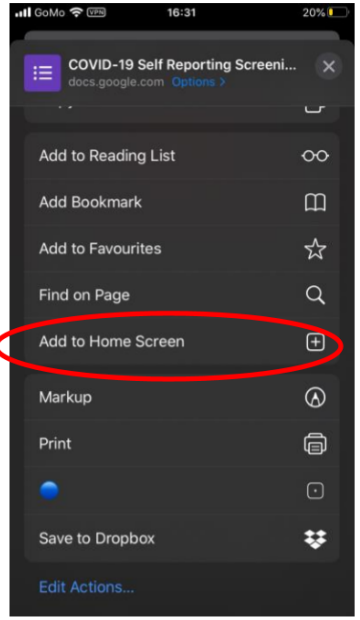
- Covid-19 Screening Form: https://forms.gle/FQiAa8PFeLuEoFzK6
- Shark SC Activity Participants List (Activity Date Filter Applied): https://docs.google.com/spreadsheets/d/1PFrLvklprydr5PaWegGQDl4UtxyGxAMRfnonRhSTQSc

How to add Covid Form link to the Home Screen of your mobile

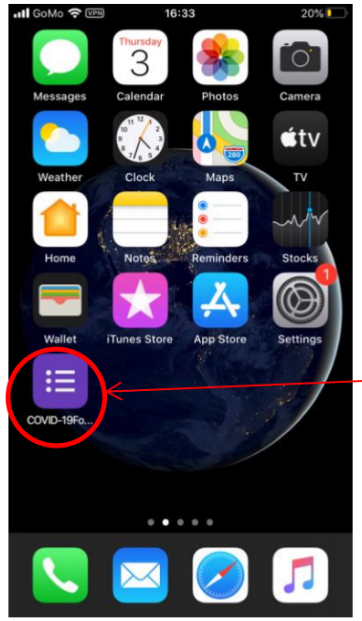


Step 1. Open a link on your mobile and click

Step 2. Scroll down and select Add to Home Screen option



Step 3. Rename the link with a name to appear on your screen
e.g. Covid-19 Form



Step 4. Anytime you need to submit the Form, start from your Home Screen

Similar steps will be required to add a link to a Home Screen of an android phone
https://www.howtogeek.com/667938/how-to-add-a-website-to-your-android-home-screen/